

10 Steps to Get Motivated

What is motivation?

- An internal state that arouses, directs, and maintains behavior

How do you get motivated?

1. Set one goal. It can be overwhelming to think about everything you have to accomplish. Write down one single thing you can work on now to re-focus.
2. Find inspiration. Google successful people who you admire. Read success stories. Learn how others have accomplished what you wish to achieve.
3. Get excited. If you have motivation, recognize that it will be exciting to accomplish your to-do list for the day. Gaining energy will help you execute your goal.
4. Post your goal. Print out your goal or write it in big letters. Post it in your room, on your desk, or at your refrigerator.
5. Tell others about your desires. Commit publicly by discussing your goals with those around you. They can hold you accountable.
6. Think about your goal daily. Maintain excitement by reflecting on how your goal will benefit you or others as a result. It's one small thing that can make a huge difference!
7. Get support. Recognize that you have individuals around you that can help. Communicate your fears, anxieties, and challenges with friends or family members. Chances are they have once struggled with similar experiences.
8. Start small. Very small. If something feels overwhelming, you may be thinking too big picture. Break your goal into mini-steps and designate a deadline to have the first step completed.
9. Think about the benefits, not the difficulties. Think about what you will get out of accomplishing your goal. Focus on how good you will feel when it is done, the benefits of something can re-energize you!
10. Eliminate negative thoughts; replace with positive thoughts. Recognize when you are engaging in negative self-talk. Replace, "This is too hard!" with "I can do this if I start now!" It really works.

Now....

What is one thing you could be doing to start accomplishing your goals for today?